



Celebrating "18 Years!"



DOROTHY C. BENSON SENIOR MULTIPURPOSE COMPLEX

6500 Vernon Woods Drive, Sandy Springs, GA 30328

404-613-4900

www.bensoncenter.org



Days & Hours of Operations: Mon.-Fri. 7:00 a.m. – 5:00 p.m.

BENSON'S MAY 2018 - EVENT SCHEDULE

Did you know that your membership & medical release forms should be updated once a year? If you don't know when your membership & medical release form expires, please check with the Administrative Office for this information. **Remember current proof of residency is need to update your membership application, and your membership identification card is needed to register for classes.**

Services & Programs Offered

Breakfast \$2 plus tax (8:30 a.m. - 9:30a.m.); **Lunch \$3 plus tax** (12-1:30 p.m.), Mon.-Fri., Meals available to registered participants and seniors (55+), Location: MPDH

Fulton County Auto Tags. Serving "Seniors 55+," Mon. & Wed., 10 a.m.-1 p.m., (lunch 1-2 p.m.) office reopens from 2-3 p.m.
Location: Building B next door to the doctor's office.

Free Blood Pressure Check (Every Tues.) **Facilitators:** Ms. Frances Katapodis & Ms. Audrey Valley from 10 a.m.–12 p.m., Building B Lobby.

"Ladies, let's talk about it...Women to Women" (Every Wed.) an on-going group for women to experience support, and bond with other women in a safe, compassionate environment. Group Facilitator, Nicole Wyche, MACC, NCC. Sign up in the fitness center. 10 a.m.-11 a.m., **Location:** Adult Day Lounge I. ***This program is not taking new members at this time.***

Stars & Strikes (Every Wed.) Join the Senior **"Leisure League"** for a fun day of bowling. \$5 pays for shoe rental, three games, complimentary coffee and much more. See Nicole in the Fitness Center for more information.



Attention

(Tues.) **Poetry Writing Workshop** Benson participants will explore creative writing through poetry. 10 a.m. – 12 p.m., Location: Heavy Art Room

(Tues.) **Public Speaking Workshop** Benson participants will develop skills for a variety of public speaking occasions. 1:30 p.m.- 3:30 p.m., Location: Heavy Art Room

(Thurs.) **Drama/Acting Workshop** Benson participants will develop and practice acting skills through reading and performances. 10 a.m. – 12 p.m., Location: Heavy Art Room

(Thurs.) **Music Appreciation Workshop** Benson participants will explore the history of the Country and Western (5/3 & 5/10) music through video, audio, recordings and guest presenters. 10 a.m. – 12 p.m., Location: Conf. Rm. A&B

(Thurs.) **Newsletter Writing Workshop** Benson participants will learn by doing: writing, photography, template, layout and publishing newsletters. 1:30 p.m. – 3:30 p.m. Location: Computer Lab

(Thurs.) **Benson Chorus Workshop** Benson participants will learn and sing songs of various styles and genres. 1:30 p.m. – 3:30 p.m., Location: Neighborhood Center (Bldg. C) Purple Room

(Fri.) **Beginner's Keyboard Workshops** Benson participants will learn the basic notes on the keyboard as well as learn to play easy songs. 10 a.m. – 12 p.m., Location: Computer Lab

(Thurs.) **Music Appreciation Workshops** Benson participants will explore the history of Jazz (5/17 & 5/24) music through videos, audio recordings and guest presenters. 10 a.m. – 12 p.m. Location: Conference Rooms A&B

5/3 (Thurs.) Benson Hike Participants will partake in a leisure walk while others endure a more strenuous hike. Departing 9

a.m., returning 3 p.m., see Nicole in the Fitness Center to sign up!

5/8 (Tues.) Health Fair Benson participants, as well as, Fulton County Senior Residents are invited to participate in a free health screenings, assessments, and educational seminars. 9:00 a.m. – 1:00 p.m., MPDH

- ✓ **Healthy Nutrition for seniors** our nutritional needs change as we age. Learn the latest USDA recommendations and the best foods for meeting them. 9 a.m., Conf. Rm A&B - Sign-up at Receptionist Desk building B.
- ✓ **Brain Bootcamp**, your brain has everything to do with who you are and what you do. Keeping your mind sharp is just as important for good health as exercising is. Find out how to protect your brain health and help reduce your risk of dementia. Sign-up at Receptionist Desk in building B. Program begins at 10:00a.m., Conf. Rm A&B

5/9 (Wed.) Golden Games Line Dance Competition The Benson complex will host the Annual Golden Games Line Dance Competition. 10 a.m., MPDH

5/10 (Thurs.) Lunch and Learn (Shade Tree Kitchens) Cooking demonstration designed to be informative and nourishing for the people attending. Fun facts about cooking. 11 a.m., Location: Adult Day Dining Hall

5/11 (Fri.) Mother’s Day Parade of Hats An event to showcase and celebrate our Mother’s latest spring hat fashions. Free event and open to all!

5/15 (Tues.) Artist Crawl The four senior multipurpose facilities (Benson, Bowden, Darnell and Mills) will join together to host a combined art event that will display the talents of the participants who attend our facilities. For two days, facility participants and guests will be able to shuttle or carpool between all four facilities to view the various art displays and vote for their favorites. 9 a.m. – 4 p.m.

5/16 (Wed.) Benson’s Evening of the Arts participants will be invited to enter chosen works of art to be judged in one of the following categories: Sculpture; Painting, Jewelry, Textiles, and others. All entries will be on display screens in the MPDH for viewing. Judges will be solicited from the surrounding community, particularly the Abernathy Arts Center. Prizes will be awarded to the winning entries. 6 p.m. – 8 p.m., MPDH

5/18 (Fri.) Benson’s Annual Spelling Bee Contest The Benson complex will host its 3rd Annual Spelling Bee. Contestants will compete for the title of Top Speller. 2 p.m., Location: Building C/Neighborhood Center Dining Hall

5/23 (Wed.) Celebration of 100 Centenarians This event will feature a celebration of Benson participants between the ages of 90-100 years of age. 12:30 p.m., MPDH

5/30 (Wed.) The Foot Clinic Retired orthopedic nurse Gudrun Noonan will offer foot services that include Diabetic Foot Screening, and General Foot Care. Adult Day Salon, **No appointments available this month.** Should you have questions, please see Nicole Wyche Fitness Center.

6/1 (Fri.) Commun(IT)y Day: A Joint Senior Facility’s Event (Benson, Bowden, Darnell & Mills) Participants will be able to explore the world of technology, which will include smartphone instructions, downloading apps and much more information. A limited number of refurbished computers will be available for seniors. 10 a.m. , MPDH

AT THE MOVIES

Thursdays, 10 a.m. & 1:15 p.m. (5th Thursday Music!) Location: Game Room

5/3 The Post	2017	PG-13	1hr 55 mins
When the Washington Post newspaper agrees to publish the leaked Pentagon Papers – which points to a secret escalation of the Vietnam War – the Nixon administration tries to block publication, setting off an epic legal and political battle. Stars: Meryl Streep, Tom Hanks and Sarah Paulson.			
5/10 Rebel in the Rye	2017	PG-13	1hr 46 mins
This engaging biopic profiles the brilliant but reclusive novelist J. D. Salinger, from his early years as he resolves to become a writer through the scarring World War II that led him to pen his masterpiece, “The Catcher in the Rye.” Stars: Nicholas Hoult, Kevin Spacey.			
5/17 The Secret Scripture	2017	PG-13	1hr 58 mins
When psychiatrist William Grene is brought in to evaluate the condition of “Lady Rose,” the last patient at a soon-to-be-razed mental institution, he’s transfixed by her secret memoir-which untangles the mystery of her 50-year confinement. Stars: Rooney Mara and Vanessa Redgrave.			

5/24 Wind River **2017** **Rated R** **1hr 48mins**
 When U. S. Fish and Wildlife employee Cory Lambert stumbles upon the frozen body of a teenage girl, FBI Agent Jane Banner is quickly dispatched to get to the bottom of the mystery. Unprepared for the harsh conditions, she enlists Cory as a tracker. Stars: Jeremy Renner and Elizabeth Olson.

5/31 Viceroy's House **2017** **Not Rated** **1hr 46mins**
 An epic chapter in the history of the British Empire is recounted in this period drama that follows the last viceroy of India, Lord Mountbatten, as he oversees the nation's seismic transition to independence in 1947. Stars: Hugh Bonneville, Gillian Anderson.

Additional Meetings & Programs

Hand & Foot/Canasta Learn/Play for fun	Mon.	12-4	Neighborhood Center (Bldg. C)
Benson's Book Club – Reading Group (Facilitator: Amelia Reid)	3rd Mon.	1-2	Conference Room A
Bridge - Open to all	Every Tues.	9-4	Play for fun
Free Blood Pressure Check	Every Tues.	10-12	Lobby Multipurpose Bldg. B
Ask Chef Quentin - Chef Quentin will be available to answer any of your dining questions.	Every 4 th Tues.	1:45	MPDH
North Area Council on Aging Monthly Workshops: Not Meeting Until August 2018	1 st Wed.	10:30	Conf. Rm. A&B
"Open Mic with Sabrina" Benson Senior Outreach Program hosting the Department of Watershed Management.	1st Wed.	1-2	MPDH
Friends of Benson Meeting	2nd Wed.	10-12	Conf. Rms. A&B
Birthday Celebration	3rd Wed.	12:30-1	MPDH
Land Fitness Orientation Sign-up at the receptionist desk	Every Thurs.	1-2	Fitness Center
Texas Hold'em - "Poker"	Every Thurs.	1-3	All Levels (Craft Room)
AARP Driver Safety Class - \$15 member \$20 non-member	4th Thurs.	<u>Dates & Instructors</u> May 31 (Jerry) Jun. 28 (Warren) Jul. 26 (Jerry) Aug. 30 (Warren)	9-4 Conf. Rms. A&B
Aquatics Orientation - By appointment only (Sign-up at the receptionist desk)	Every Fri.	9:30-10:30	Pool Area
Chess with Tony (Learn/play for fun)	Every Fri.	9:30-12	Game Room
Chess with Sophie (for Beginner)	Every Fri.	12-1	Conf. Rm. A
Social Bridge - Play for fun (All Experienced Players are welcomed)	Every Fri.	12-4	Game Room
Open Computer Lab	Every Fri.	1-3	Computer Lab
Social Bridge "Scheduled" games only	Every Fri.	1-4	Dining Room



Things that may interest you....

BENSON'S HOLIDAY & CLOSING SCHEDULE 2018



5/28 (Mon.) Memorial Day



11/12 (Mon.) Veteran's Day



7/4 (Wed.) Independence Day



11/22 & 23 (Thurs. & Fri.)



9/3 (Mon.) Labor Day

Thanksgiving



10/8 (Mon.) Columbus Day



12/24 & 25 (Mon. & Tues.)

Christmas

Benson 2018 TRAVEL

- **6/4-8 (Mon.-Fri.) The Ark Encounter & Creation Museum**, \$599 per person includes: 5 days 4 nights, motor coach transportation, 4 nights lodging, 8 meals, admission to the “new, stunning – Art Encounter,” admission to the Famous Creation Museum, admission to the Newport Aquarium, admission to the National Underground Railroad Freedom Center and much more.
- **6/4-8 (Mon.-Fri) the Ark Encounter & Creation Museum.** \$599 per person includes: 5 days, 4 nights, motor coach transportation, 4 nights lodging, 8 meals, admission to the “new stunning – Art Encounter,” admission to the Famous Creation Museum, the Newport Aquarium, the National Underground Railroad Freedom Center, and much more.
- **9/14-16 (Fri.-Sun.) Jekyll Island, GA Shrimp & Grits** – “The Wild Georgia Shrimp Festival” set in the Jekyll Island Historic District, the Festival provides a laid back, relaxed Southern atmosphere complimentary of delicious coastal cuisine and great entertainment. Limit 25, transportation by Alpharetta City Bus. Double: \$345, Single: \$599. \$100 deposit at time of reservation. Final payment: Mon., 8/6. Checks will be made payable to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center.

11/24-26 (Sat.-Mon.) Christmas in Historic Savannah. Featuring “A Christmas Boat Parade – Savannah Style” Double \$559, Single: \$689. \$100 deposit due upon registration. Checks made out to the City of Alpharetta or credit cards accepted at the Alpharetta Adult Activity Center. Final payment is due no later than Monday, 10/29.